

# Whole Grain Rich

— WEBINAR —





# Professional Standards

## USDA Professional Standards

1200 Nutrition Concepts

1100 Menu Planning

1110 USDA Nutrition Requirements

1300 General Nutrition

1320 Understanding General

2100 Food Production

2130 Culinary Skills

2150 Understanding Labels



# Objectives

- Define “whole grain-rich” for child nutrition programs
- Understand the health benefits of whole grain-rich foods
- Understand culinary tips for cooking whole grain-rich foods
- Understand all labels and documentation used to identify whole grain-rich foods







# Module

## 1

Define  
“whole grain-rich”  
for child nutrition  
programs



# Whole Grain Rich

- **Whole grain-rich** is a term that is only used for USDA nutrition programs .
- Therefore, it is sometimes difficult to determine if a processed food or recipe meet the definition of “whole grain-rich.”
- Beginning July 1, 2014, all grains for NSLP must meet the whole grain-rich criteria.





# Whole Grain Rich

- **Whole grain-rich** foods that qualify as whole grain-rich for child nutrition programs are foods that contain 100% whole grain or are a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50% whole-grain.



# What is a whole grain?

- A **whole grain** kernel consists of bran, germ, endosperm
- **Bran** – protective outer shell, high in fiber and B vitamins
- **Germ** – the seed for the new plant, contains B vitamins and some protein, minerals, and healthy oils
- **Endosperm** – contains starch, protein, minerals, and vitamins

## Whole Grain Kernel

### Bran

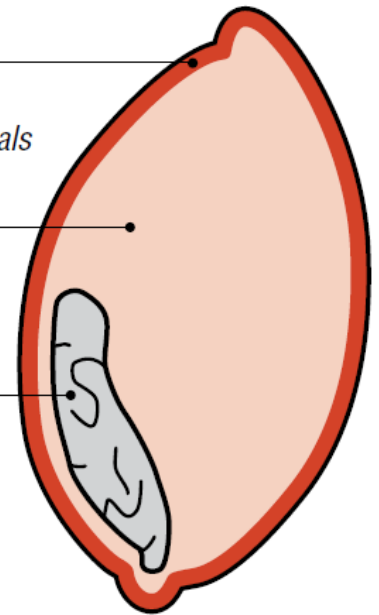
"Outer shell" protects seed  
*Fiber, B vitamins, trace minerals*

### Endosperm

Provides energy  
*Carbohydrates, protein*

### Germ

Nourishment for the seed  
*Antioxidants, vitamin E, B-vitamins*

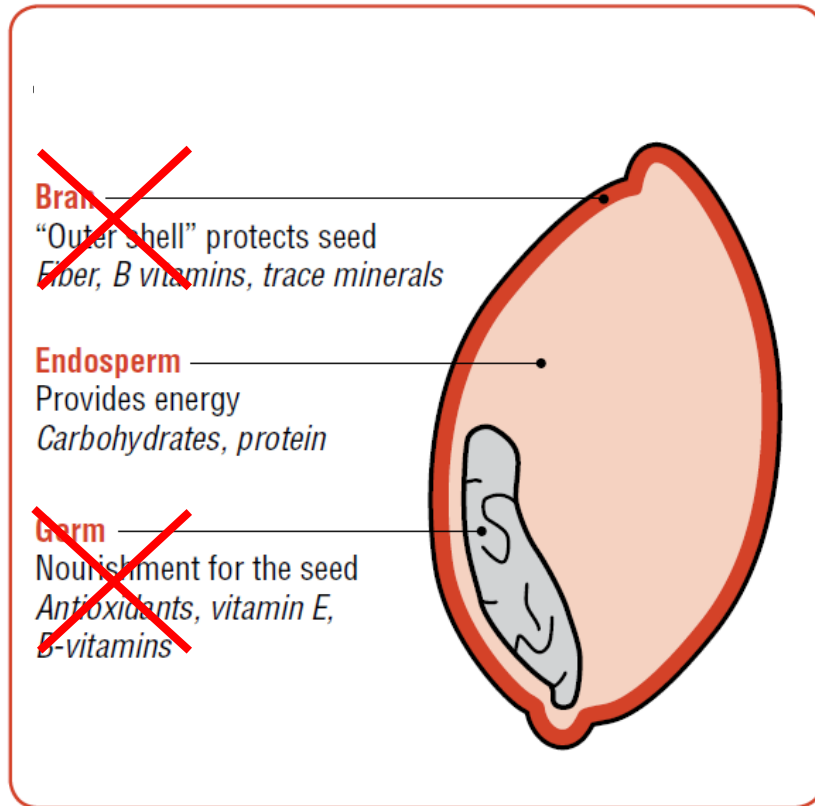






# Non-Whole Grains

- **Non-whole grains** are also called **non-credible grains**
- **Non-whole grains** only use a part of the grain
- In **non-whole grains**, the bran and germ are removed during processing, leaving just the endosperm
- Notice that when the **bran** and **germ** are removed from the grain there are nutrients that are lost, including fiber, B-vitamins, trace minerals, antioxidants, and vitamin-E







# What is an enriched grain?

**Enriched grains** means that when some of the nutrients are removed from the grain during processing

- Then *some* of the nutrients that were removed are added back into the grain
- The nutrients that are added back in include B-vitamins (thiamin, riboflavin, niacin, folic acid) and iron



# What is whole grain-rich?

**Whole grain-rich** means that the grain ingredients in the recipe or product are:

- 1 50% or **MORE whole grain** (1<sup>st</sup> ingredient) (must have)
- 2 50% or **LESS enriched grain** (2<sup>nd</sup> ingredient) (may or may not have)
- 3 **2% or less** of grain ingredients that are **non-whole grain** and not **enriched (non-creditable grain)** (last ingredients) (may or may not have)

## Whole Wheat Bread

Ingredients: 1 Whole grain wheat flour, 2 enriched unbleached flour, water, yeast, vital wheat gluten, sugar, contains 3 2% or less of each of the following: wheat flour, vegetable oil, salt, xanthan gum, yeast, calcium propionate, calcium sulfate, enzymes .



# Common Whole Grain Ingredients

These make up the “**50% or MORE whole grain**” portion of a “whole grain rich” food

- Grains that state “whole” or “whole grain” in front of them on the ingredient label
  - Whole wheat flour, Whole grain cornmeal
- Oats and Oatmeal
- Brown Rice
- Hulled Barley
- Many specialty grains such as Quinoa, Amaranth, Buckwheat, Wild Rice





# Common Enriched Ingredients

These make up **“50% or LESS enriched grain”** portion of a “whole grain-rich” food

- Any ingredient that has the word “enriched” in front of it
  - Enriched Wheat Flour, Enriched Cornmeal
- Some ingredients labels, especially ready to eat cereals, have enrichment or fortification vitamins added at the bottom of the ingredient label. If you aren’t sure if a product or ingredient is enriched, ask your supervisor or contact the state agency at 208-332-6800.



# What is a Non-Creditable Grain

Ingredients that are NOT whole grain and NOT enriched

- Corn Starch
- Wheat Flour/Starch
- Modified Cornstarch
- Corn Flour
- Modified Food Starch
- Wheat Germ
- Wheat Bran
- Wheat flour
- Oat Bran
- Rice Flour/Starch
- Semolina
- Vegetable or Legume Flour/Starches/Fibers
- Potato Flour/Starch
- Soy Flour
- Chicory Root Flour
- Potato Starch
- Tapioca Starch
- Pea flour/starch/fiber
- Taro flour
- Arrowroot powder
- Nut flours/meals



# Common Non Creditable Grains

These can only make up “**2% or less of grain**” portion of a “whole grain rich” food

## Whole Wheat Bread

Ingredients: Whole grain wheat flour, enriched unbleached flour, water, yeast, vital wheat gluten, sugar, contains **2% or less of each of the following: wheat flour, potato flour, vegetable oil, salt, xanthan gum, yeast, calcium propionate, calcium sulfate, enzymes .**





# Other Non-Creditable

## Legume and Starch Flours

- USDA has classified vegetable starches and legume flours and starches in the same category as **non-whole grain/non-creditable grain**. They are also limited by the **2% rule**.
- Soy flour
- Cellulose
- Potato flour/starch
- Pea flour/starch/fiber
- Nut flour/Nut meal
- Chicory Root Flour
- Tapioca Starch



# Module 2

Understand the  
benefits of whole  
grain-rich foods



# Whole Grain-Rich are Nutritious

- **Whole grain-rich** foods support the Dietary Guidelines for Americans and the School Meal Pattern requirements

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5a	Grades 6-8a	Grades 9-12a	Grades K-5	Grades 6-8	Grades 9-12
<b>Meal Pattern</b>	<b>Amount of Food<sup>b</sup> Per Week (Minimum Per Day)</b>					
Fruits (cups) <sup>c,d</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) <sup>c,d</sup>	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green <sup>f</sup>	0	0	0	½	½	½
Red/Orange <sup>f</sup>	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	½	½	½
Starchy <sup>f</sup>	0	0	0	½	½	½
Other <sup>f,g</sup>	0	0	0	½	½	¾
Additional Veg to Reach Total <sup>h</sup>	0	0	0	1	1	1½
Grains (oz eq) <sup>i</sup>	7(1) <sup>j</sup>	8 (1) <sup>j</sup>	9 (1) <sup>j</sup>	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	8 (1)	9 (1)	10 (2)
Fluid milk (cups) <sup>l</sup>	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>						
Min-max calories (kcal) <sup>m,n,o</sup>	350-500	400-550	450-600	550-650	600-700	
Saturated fat (% of total calories) <sup>n,o</sup>	< 10	< 10	< 10	< 10	< 10	
2014-15 Sodium (mg) <sup>n,p</sup>	< 540	< 600	< 640	< 1230	< 1360	
2017-18 Sodium (mg) <sup>n,p</sup>	< 485	< 535	< 570	< 935	< 1035	
2022-23 Sodium (mg) <sup>n,p</sup>	< 430	< 470	< 500	< 640	< 710	
Trans fat <sup>n,o</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

**DIETARY  
GUIDELINES  
FOR AMERICANS  
2015-2020  
EIGHTH EDITION**





# Health Benefits of Whole Grains

- Provides bulk in the stomach and may prevent overeating
- Slows the digestive system for blood sugar control
- Cleanses the digestive system
- Reduces the risk of heart disease and type 2 diabetes





*Module*

— 3 —

Understand culinary  
tips for cooking whole  
grain-rich foods





# Pasta

- Pasta comes in many shapes and sizes
- Cooking time varies on pasta shape and size
- General rule, 1 pound of pasta needs 1 gallon of water to cook
- Cook until al'dente (firm to the bite)
  - Plan for proper holding time and temperature
  - Pasta should be served al'dente







# Hearty Grains

- Rice and Barley
  - Read package cooking directions
  - General rule, 1 part of rice to cook, 2 parts of liquid
  - Typically cooked in the oven or the steamer





# Warm tortillas



- Tortillas are going to be easier to handle and are less likely to crack when they are at room temperature or warm
  - Do not remove tortillas from their plastic bags
  - Place tortillas in the warmer for 1 hour or until warm
  - If tortillas begin to stick together, remove from their plastic bag and microwave for 1 minute



# Rolls and Muffins

- When feasible, it is best to cook baked items in a convention oven rather than convection
  - The air from convection ovens often blow the dough to the side leaving it lopsided, see muffin below





# Lighter Grains

- Oatmeal and Quinoa
  - Tilt/Steam Kettle
  - Tilt Skillet
  - Stovetop
  - Rice Cooker  
(quinoa)





The background of the slide features a warm, golden-brown photograph of whole grains. In the upper left, a wooden pestle rests on a pile of grains. To the right, there are stalks of grain, possibly wheat or barley. The overall texture is rustic and natural.

# Module

## — 4 —

Understand all  
documentation used to  
identify whole grain-  
rich foods





# Documents and Tools

- There are various documents and tools approved by the USDA to determine if a product is **whole grain-rich**:
  - **Food Label Ingredients and Nutrition Facts**
  - ***Exhibit A: School Lunch and Breakfast Whole Grain-Rich Ounce Equivalency (OZ EQ) Requirements for School Meal Programs***
  - ***Food Buying Guide for School Meal Programs***
  - Idaho State Department of Education's Child Nutrition's (SDE CNP) ***Grain Calculator***
  - A Manufacturer's: ***Product Formulation Statement***
  - A Manufacturer's: ***CN Label***



# How to Read Ingredient Lists to Determine if a Product is Whole-Grain Rich

This product meets whole grain-rich requirements:

1. Whole wheat flour is the first ingredient
2. Remaining ingredients are enriched
3. Oat fiber (non-creditable grain) is listed as being 2% or less



## Ingredients:

**Whole wheat flour**, water, **enriched** unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), yeast, sugar, wheat gluten. **Contains less than 2% of the following:** soybean oil, salt, **oat fiber**, honey, sodium stearoyl lactylate, datem, acesulfame potassium, ascorbic acid, and enzyme. May contain milk, soy, egg and sesame.



# What is the Exhibit A?

- **Exhibit A** provides grain ounce equivalents based on the weights of whole grain-rich foods served in the National School Lunch Program and School Breakfast Program
- It can be found in the USDA's Memo SP 30-2012:

<http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>

**EXHIBIT A: SCHOOL LUNCH AND BREAKFAST  
WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR  
SCHOOL MEAL PROGRAMS<sup>1,2</sup>**

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow mein noodles</li> <li>• Savory Crackers (saltines and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry) Note: weights apply to bread in stuffing.</li> </ul>	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (sliced whole wheat, French, Italian)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Sweet Crackers<sup>4</sup> (graham crackers - all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (whole wheat or whole grain-rich)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (whole wheat or whole grain-rich)</li> <li>• Tortillas (whole wheat or whole corn)</li> <li>• Tortilla chips (whole wheat or whole corn)</li> <li>• Taco shells (whole wheat or whole corn)</li> </ul>	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> <li>• Cookies <sup>3</sup> (plain - includes vanilla wafers)</li> <li>• Combread</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust (dessert pies<sup>3</sup>, cobbler<sup>3</sup>, fruit turnovers<sup>4</sup>, and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

<sup>1</sup> The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

<sup>2</sup> Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed only as dessert at lunch as specified in §210.10.

<sup>4</sup> Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.



# Nutrition Facts and Exhibit A

- Now that we know that the bread is whole grain-rich, let's find out how much it credits in the meal pattern by looking at the food label and Exhibit A

GROUP B	OZ EQ FOR GROUP B
• Bagels	1 oz eq = 28 gm or 1.0 oz
• Batter type coating	3/4 oz eq = 21 gm or 0.75 oz
• Biscuits	1/2 oz eq = 14 gm or 0.5 oz
• Breads (sliced whole wheat, French, Italian)	1/4 oz eq = 7 gm or 0.25 oz

$$38 \text{ gm} \div 28 \text{ gm} = 1.35 = 1.25 \text{ grain eq.}$$

(Note: grains need to be rounded down to the nearest quarter)

Nutrition Facts	
Serving Size 1 Slice (38g)	
Servings Per Container 18	
Amount Per Serving:	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat .5g	1%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 10%
Thiamin 6%	Riboflavin 2%
Niacin 4%	Folic Acid 10%
Vitamin D3 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	





# What are the Food Buying Guide and Calculator for Schools?

<http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>

- The **Food Buying Guide and Calculator** are sources of current yield information and two of several program aids published by the USDA to support menu planning, food purchasing, food production, and portioning in the child nutrition programs

## Food Buying Guide for School Meal Programs

## Food Buying Guide

Calculator for Child Nutrition Programs

Food Buying Guide for School Meal Programs

Section 3 – Grains					
1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
<b>BARLEY</b>					
Barley (Group H)	Pound	42.00	¼ cup cooked	2.4	1 lb dry = about 2 ½ cups dry barley
Hulled Dry	Pound	21.20	½ cup cooked	4.8	
	Pound	14.10	¾ cup cooked	7.1	
<b>BREAD<sup>1</sup></b>					
Bread (Group B)	Pound	32.00	1½ grains serving (1½ slice; must weigh at least 14 g or 0.5 oz)	3.2	
Sliced Fresh includes: All types Enriched White <sup>2</sup> , Whole Wheat and Enriched Flour Blend <sup>3</sup> , and Whole Wheat breads	Pound	16.00	1 grains serving (1 slice; must weigh at least 28 g or 1.0 oz)	6.3	
<b>BREAD STICKS</b>					
Bread Sticks (Group A)	Pound	45.30	1½ grains serving (about 2 sticks; must weigh at least 11 g or 0.4 oz)	2.2	
Includes: All types Enriched White <sup>2</sup> , Whole Wheat and Enriched Flour Blend <sup>3</sup> , and Whole Wheat Hard	Pound	22.60	1 grains serving (about 3 sticks; must weigh at least 22 g or 0.8 oz)	4.5	
<b>BULGUR</b>					
Bulgur (Group H)	Pound	30.20	¼ cup cooked	2.6	1 lb dry = about 3 cups dry bulgur
Dry	Pound	19.60	½ cup cooked	5.1	
	Pound	13.00	¾ cup cooked	7.7	
<b>CEREAL GRAINS</b>					
Cereal Grains	Pound	19.60	¼ cup cooked	5.1	1 lb dry = about 2 ½ cups dry or 2.70 lb (about 4 ½ cups) cooked amaranth when prepared with 2 parts water to 1 part dry amaranth
Amaranth (Group H)	Pound	9.82	½ cup cooked	10.2	
Dry	Pound	6.54	¾ cup cooked	15.3	

<sup>1</sup> Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

<sup>2</sup> The number of slices per purchase unit does not include the end slices.

<sup>3</sup> Contains a minimum of 50% whole grains and meets the Food and Nutrition Service's whole grain-rich (WGR) criteria.

Updated May 2015

Food Buying Guide for School Meal Programs (NSLP and SBP only) ■ 3-1

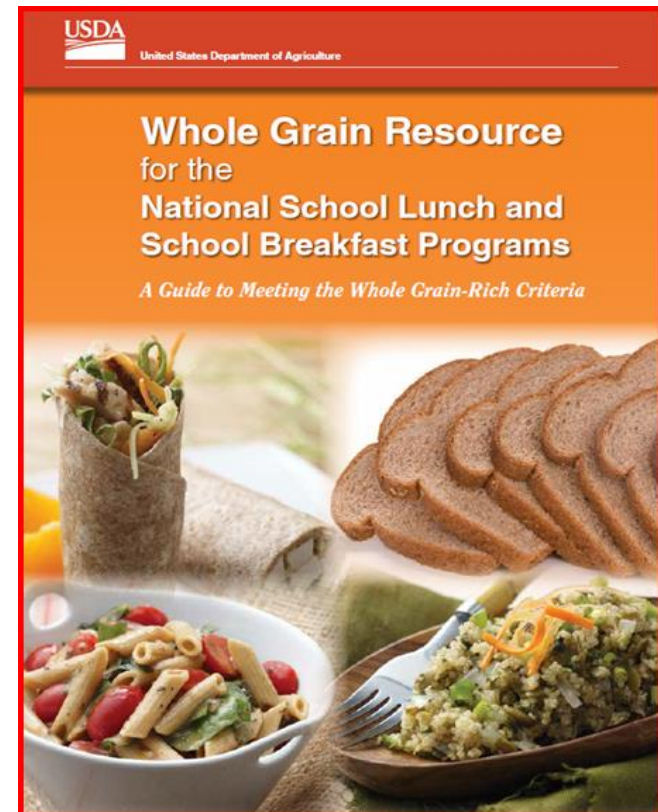




# What is the Whole Grain Resource?

<http://www.fns.usda.gov/tn/whole-grain-resource>

- The **Whole Grain Resource** provides an in-depth look at the whole grain-rich criteria for school meals
- It includes exercises on identifying products that meet the whole grain-rich criteria and calculation example
- It is available online in PDF form





# What is the Grain Calculator ?

**The grain calculator is available on My Idaho CNP in Download Forms.**

- The **Grain Calculator** works for baked goods made from scratch
- It allows you to enter in the grain product's weight or volume and the number of servings the recipe provides
- The calculator will then show you the "creditable grain ounce equivalents" per serving

[illegible]



# What is a Product Formulation Statement?

- The **Product Formulation Statement (PFS)** is a signed certified document that provides a way for a manufacturer to demonstrate how a product may contribute to the meal pattern requirements of the USDA, Child Nutrition Programs.
- For a checklist to evaluate a PFS visit:  
<http://www.fns.usda.gov/sites/default/files/cn/manufacturerPFStip sheet.pdf>

## Formulation Statement for Documenting Grains in School Meals Required Beginning SY 2013-2014 (Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Wheat Smile Pancakes Code No.: 14005  
 Manufacturer: ABC Bread Company Serving Size 2 pancakes - 50g (1.75oz)  
(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes ☒ No ☐  
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: Yes ☐ No ☐ How many grams: \_\_\_\_\_  
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16grams creditable grain per oz eq; Group H uses the standard of 28grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate to which Exhibit A Group (A-I) the Product Belongs: C

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion <sup>1</sup> A	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) <sup>2</sup> B	Creditable Amount A ÷ B
Whole wheat flour (47%)	23.5	16	1.4687
Enrich flour (22%)	11	16	.6875
			2.15
<b>Total Creditable Amount<sup>3</sup></b>			<b>2.00</b>

\* Creditable grains are whole-grain meal/flour and enriched meal/flour.

<sup>1</sup> (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

<sup>2</sup> Standard grams of creditable grains from the corresponding Group in Exhibit A.

<sup>3</sup> Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased 50 g (1.75oz)

Total contribution of product (per portion) 2.00 oz equivalent

I certify that the above information is true and correct and that a 1.75-ounce portion of this product (ready for serving) provides 2.00 oz equivalent Grains. I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Signature \_\_\_\_\_

Title \_\_\_\_\_

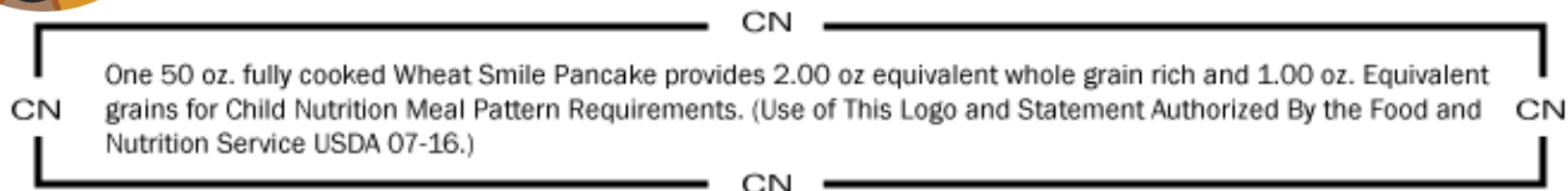
Printed Name \_\_\_\_\_

Date \_\_\_\_\_ Phone Number \_\_\_\_\_





# What is a CN Label?



- A **Child Nutrition (CN)** label provides food manufacturers the option to include a standardized food crediting statement on their product label that is authorized by USDA, FNS to use in child nutrition programs
- A CN label must include:
  1. CN distinct label logo (which is a distinct border)
  2. The meal pattern contribution statement (if it says “bread” for whole grain-rich ingredients it is outdated)
  3. 6-digit product identification number assigned by FNS
  4. USDA/FNS authorization statement
  5. The month and year of certification (good for 5 years)
  6. Product name, inspection legend, ingredient statement, manufacturer’s name, signature/address line and net weight
- For more information on CN Labels visit:  
<http://www.fns.usda.gov/cnlabeling/food-manufacturersindustry>



# What about a Sales Slick?

- Don't be tricked by manufacturers' sales slicks as documentation that can be used to verify "ounce equivalents"
- **Whole grain-rich** processed foods require approved documentation to accurately determine "ounce equivalents"
- **Must have one:**
  - Nutrition Label with an Exhibit A
  - CN Label
  - Product Formulation Statement

*Wheat Smile Pancakes*

**PANCAKES**

Try it!

CN Certified

- ABC Bread Company -

PRODUCT		
SKU	Description	WGR
123456	50g Wheat Smile Pancakes Banana	2.00
234567	50g Wheat Smile Pancakes Cinnamon	2.00
345678	50g Wheat Smile Pancakes Apple Cinnamon	2.00
456789	50g Wheat Smile Pancakes Chocolate Chip	2.00
567890	50g Wheat Smile Pancakes Blueberry	2.00

WGR = Whole Grain Rich



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(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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